

Spring 2013

MARCH • APRIL • MAY



LIBERTY FEST 2013

DETAILS ON PAGE 5

WELCOME

FARMERS BRANCH Community Recreation Center



**14050 Heartside Place
Farmers Branch, Texas 75234**

972.247.4607

fbcrc@farmersbranch.info

www.fbreccenter.com

www.facebook.com/fbreccenter

FACILITY HOURS

Monday through Friday
8 am to 9 pm

Saturday
8 am to 5 pm

Sunday
1 pm to 4 pm

FITNESS CENTER HOURS

Monday through Friday
6 am to 9 pm

Saturday
7 am to 5 pm

Sunday
1 pm to 4 pm

HOLIDAY HOURS

Friday, March 29 Close at 5 pm
(Good Friday)

Sunday, March 31 Closed
(Easter)

Monday, May 27 Close at 5 pm
(Memorial Day)



Like all things Spring, Farmers Branch is steadily coming into full bloom. One of the most beautiful seasons in our city, spring not only offers a pleasant change of weather and scenery, but many fun-filled family activities!

To kick off the season, join us for our first Date Night in the Park on Saturday, April 20. The evening will include a live band, plenty of food trucks, and a movie under the stars!

For students of Vivian Field, Middle School Madness will be Saturday, March 23 at the Community Recreation Center. Admission is \$5 and a school ID or proof of residency is required at entrance.

Along with May flowers comes Fishin' Fun Saturday, May 4 as well as our 4th annual Liberty Fest, Saturday, May 25.

Be sure to check out info on our summer camps and aquatic programs for the summer. Details are included in this issue of the Rec Scene.

Best Wishes,

Parks and Recreation Department Director

YOUR PARKS & RECREATION DEPARTMENT STAFF

Director of Parks & Recreation, Jeff Harting
jeff.harting@farmersbranchtx.gov • 972.919.2630

Recreation Superintendent, Texx Stewart
texx.stewart@farmersbranchtx.gov • 972.919.2629

Recreation Center Manager, Wimberly Ayles
wimberly.ayles@farmersbranchtx.gov • 972.919.8753

Recreation Supervisor, Jason Peebles
jason.peebles@farmersbranchtx.gov • 972.919.8755

Recreation Supervisor, Kylie Broz
kylie.broz@farmersbranchtx.gov • 972.919.8754

Recreation Programmer, Megan Doughty
megan.doughty@farmersbranchtx.gov • 972.919.8765

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MEMBERSHIP

GET FIT AND JOIN THE FUN AT THE FARMERS BRANCH COMMUNITY RECREATION CENTER

Memberships vary depending on type of membership and residency. Refer to the information below for membership rates. See staff for requirements, certain restrictions, and additional information.

MEMBER TYPE	ANNUAL BASIC	BASIC + FITNESS	MONTHLY BANK/CREDIT CARD (Only for Basic+Fitness Memberships)
Resident Individual	\$10	\$190	\$15
Resident Family	\$30	\$370	\$30
Non-Resident Individual	\$30	\$280	\$22.50
Non-Resident Family	\$45	\$465	\$37.92
Corporate Individual	\$25	\$255	\$20.45
Corporate Family	\$40	\$420	\$34.00
CFBISD Individual	\$10	\$190	\$15
CFBISD Family	\$30	\$370	\$30

CLASS REGISTRATION AND FINANCIAL ASSISTANCE

Farmers Branch residents and members may register for any session during this quarter at any time. Non-residents may register for classes one week prior to the start of a monthly session. Sessions begin the first business day of the month, unless otherwise noted. Members of the Farmers Branch Community Recreation Center receive a discount on class fees.

Only registered participants may enter the activity area. Pre-registration is required for all classes. A participant must be enrolled in a class(es) before he or she may participate. The enrollment minimum must be met for a class to make. Refunds are available only before a class has started and with approval. To request a refund, contact 972.247.4607. A credit may be issued in place of a refund for a limited time.

Partial financial assistance is available to Farmers Branch residents who qualify for classes. See staff for information on how to qualify. A maximum of \$100 per child (up to age 18), per fiscal year (October-September) may be received. Financial assistance is limited to 1 class per session, per child. Payment of 50% of class fee is due at time of registration.

Classes affected by holidays may be pro-rated, see

instructor for specific details. The Recreation Center gladly accepts cash, checks, Diner's Club, Discover, Mastercard, Visa, and Farmers Branch Community Recreation Center gift certificates as forms of payment.

Register On-Line 24/7 at www.fbreccenter.com

(Requires account number & PIN)

FARMERS BRANCH RESIDENTS & MEMBER REGISTRATION

Mail-in registration form to Farmers Branch Community Recreation Center, 14050 Heartside, Farmers Branch, TX 75234. Phone-in to 972.247.4607 or Fax-in to 972.919.8799.

Walk-in during office hours, Monday through Sunday.

Residents and members may register for any and all sessions during the current quarter at one time, excluding swim lessons, when applicable. Residents and members may register for March through May classes beginning February 4. On-line 24/7 at www.fbreccenter.com.

NON-RESIDENT REGISTRATION

Walk-in, phone-in, or fax-in during office hours, Monday through Sunday.

Non-residents may register one week prior to each monthly session or one week prior to registration deadline for special interest events, excluding swim lessons, when applicable.

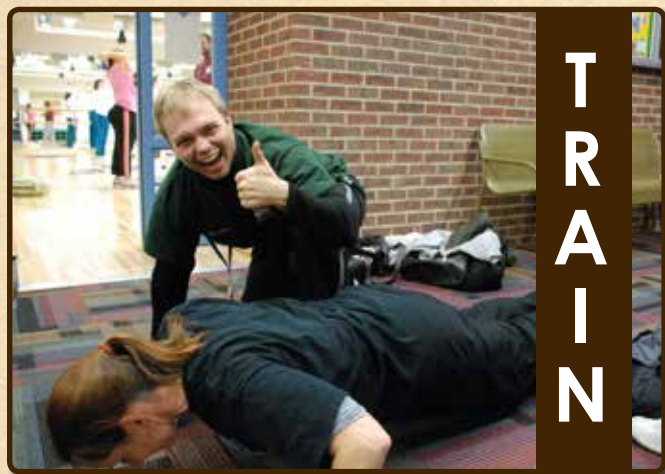
SERVICES

PARTIES & RENTALS

The Farmers Branch Community Recreation Center offers rental space for all types of parties. Whether you are planning a graduation party, a wedding reception, wedding or baby shower, birthday party, corporate function, teen celebration, or anniversary party, the Recreation Center can accommodate you! Amenities include audio-visual equipment, tables and chairs, a warming kitchen and more. Theme parties for children include gymnastics, dance instruction, princess and sports. For additional information regarding rental requirements contact Wimberly Ayles at wimberly.ayles@farmersbranchtx.gov or at 972.919.8753.



PARTY



TRAIN

PERSONAL TRAINING

Community Recreation Center members may choose to have individualized training to meet their fitness goals. The fitness area staff members are all personal trainer certified through various nationally recognized organizations including the Cooper Institute and the National Strength and Conditioning Association. Each personal trainer will provide members with an exercise regimen to meet their personal goals and promote a healthier lifestyle. Working with a personal trainer for a few sessions is often all it takes to feel comfortable with independent exercise. Personal training sessions start at \$50.00 per hour with discounts given for purchasing session packages. Call the Farmers Branch Community Recreation Center for more information.

KIDS' NIGHT OUT

Kids ages 4-12 years old are invited to enjoy four fun hours of gymnastics, basketball, arts and crafts, and a movie on April 20 while parents enjoy Date Night In The Park. The cost is \$10 per child. Drinks, and a snack will be provided. Kids' night out will also be offered during the on May 18 with Gayle Shank. Members pay \$20/\$15 for additional child. Non-Members \$24/\$19 for additional child.

TOPS

Take off pounds sensibly! Join us for support and find new friends on your journey to weight loss. Open to everyone. Tops meets every Tuesday at the Farmers Branch Community Recreation Center. For more information contact Joyce Lange (817) 430-8346.



www.fbreccenter.com

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BRANCH HAPPENINGS

STAR PARTY

March 19, April 16, May 14
Sunset to 9 pm
Historical Park
Free Admission

High powered telescopes will be on site or bring your own. Alternate weather dates are the following Thursday. Call 972.406.0184 for more information.



CITY WIDE CLEAN-UP DAY

Saturday, April 13
9 am-Noon
Barney Wood Athletic Complex (Valwood @ Heartside)

Recycle electronics, paper shredding, clothing donations, and more. Free roses to residents who enter the City Manger's Rose Contest. Proof of residency required. First-come, first-served and limited to one per household.

DATE NIGHT IN THE PARK

Saturday, April 20
6:30 pm
Historical Park
Free Admission
(parking at Metro Square)

Enjoy dinner and a movie under the stars! Some of DFW's most popular food trucks will be onsite along with the band The O's. At sunset enjoy a Romantic Comedy in the meadow of the Historical Park. Beer and wine will also be on sale.

Childcare available at the Farmers Branch Recreation Center Kid's Night Out (see Page 4). Must register in advance.



CAMPING UNDER THE STARS

Saturday, March 16 to
Sunday, March 17
5 pm -9 am
Historical Park

\$50 per campsite, non-refundable; pre-registration required call 972.406.0184 for more information.



ENCOUTNERS FROM THE PAST

Friday, April 5
Saturday, April 6
Friday, April 12
Saturday, April 13

Tours begin at 6:30 pm and run every 15 minutes, last tour starts at 7:30 pm

\$5 per person, children 6 and under free

Tickets on sale March 1 at the Historical Park or by calling 972.406.0184.



FISHIN' FUN

Saturday, May 4
8-12 pm
Gussie Field Watterworth Park,
next to City Hall

Free Admission
Registration Required

Over 1,000 lbs of catfish are stocked for kids 16 and under to learn the sport of fishing. Free bait, rods & reels are available for loan on a first-come, first-serve basis. Other activities include kids games and activities, kayaking and awards and prizes. A pro kayak fishing team will be on hand to demonstrate and let kids and adults try kayak fishing.



LIBERTY FEST

May 25
Gates open at 12 pm
Historical Park
Free Admission

Join the City of Farmers Branch for a patriotic festival celebrating Memorial Day and honoring our country and the men and women who serve her. This one day festival is a blend of music, food and family fun with non-stop entertainment from national, regional and local acts performing country and American music. Other activities include an arts and crafts marketplace, free KidZone, The Zone for teens, culinary pavilion and more. Visit www.fblibertyfest for exciting event announcements.

SUMMER CAMPS

TEEN FIRE & RESCUE ACADEMY

June 10-14

9 am-4 pm

Ages 13-18

FB Fire Administration, 13333 Hutton Dr

\$50/members

\$65/nonmembers

Resident registration begins May 1

Non-resident registration begins May 15 (space permitting)

Registration limited to 20 participants

Teen Fire & Rescue Academy T-shirt and supplies included



Back by popular demand, this program features hands-on training including emergency management, basic CPR and First Aid certification, medical equipment operation, vehicle extrication, fire suppression demo, thermal imaging demo, special rescue incidents, arson investigation, and other related topics. Tours of facilities include Parkland's Emergency Room and Helipad, Biotel Medical Control, and Police and Fire Training facilities at DFW Airport and TCCC.

Holiday Craze Program

Holiday Craze is a recreational day-camp program operated by the Farmers Branch Parks and Recreation Department. Holiday Craze is open to children (residents and non-residents) ages 6-12 years. The program meets from 7:30 am-6:00 pm at the Farmers Branch Community Recreation Center March 11-15. Fees are \$50/residents and \$100/non-residents. Bad Weather Days, March 29 and May 24, are an additional fee of \$10/day for residents and \$20/day for non-residents. A daily "drop-in" rate is not offered. Space is limited. Fees include all program related expenses, field trip admissions, parties, and daily snacks. Financial assistance is available on a limited basis to qualifying Farmers Branch residents. Proof of residency is required for those seeking the resident rate or the financial aid rate. Registration is underway.

TEEN POLICE ACADEMY

July 15-19

9 am-4 pm

Ages 13-18

FB Community Recreation Center

\$50/members; \$65/nonmembers

Resident registration begins May 1; Nonresident registration begins May 15 (space permitting)

Registration is limited to 20 participants; Teen Police Academy T-shirt and supplies included

Activities include hands-on training, classroom instruction, and off-site trips. Topics include criminal investigations, crime scene searches, crime prevention, gangs, communications, traffic stops, and much more.



LEADER-IN-TRAINING PROGRAM

Leader-in-Training is a community service and leadership based program for Farmers Branch teens ages 13-15. The program meets at the Farmers Branch Community Recreation Center Monday-Friday from 7:30 am-6:00 pm during the summer break. Activities include a variety of off-site projects such as assisting at the Farmers Branch Animal Adoption Center, various beautification projects at Farmers Branch parks, and volunteering with the Summer Funshine Program. Fees are \$15/week. Registration opens May 1. Each participant receives a Leader-in-Training shirt and handbook. Additional fees for Friday field trips may be required. Participants must be in good standing and demonstrate maturity, responsibility, and willingness to assist with hands-on projects.



SUMMER CAMPS/LEAGUES

SUMMER FUNSHINE 2013 REGISTRATION

Summer Funshine is a recreational day camp program for children 6-12 (as of June 7, 2013). The program meets June 7-August 23 at the Farmers Branch Community Recreation Center Monday-Friday from 7:30 am-6:00 pm. Activities include sports, field trips, swimming, character development, community service, arts and crafts, science classes, reading time, and much more.

Early registration for families enrolled in 2012 begins February 25 during normal business hours. Open registration for Farmers Branch residents begins March 18 during normal business hours. Non-resident registration begins April 8 during normal business hours. Financial assistance is available on a limited basis to qualifying Farmers Branch residents. Proof of residency is required for those seeking the resident rate or the financial aid rate.

Fees for the entire summer break are \$475/child for Farmers Branch residents and \$950/child for non-residents, and \$185 for residents on financial assistance. There are three payment options:

Option 1: Weekly Credit/Debit Card Drafts- Weekly payments are draft only. No cash or checks. First payment due at registration. Following payments due June 8, 15, 22, 29, July 6, 13, 20, 27, August 3, 10 and 17.

\$43.18/Farmers Branch residents \$16.82/Farmers Branch residents on Financial Aid \$86.36/non-residents

Option 2: Self Pay or Credit/Debit Card Drafts on Semi-Monthly Due Dates- Cash, checks, credit/debit cards accepted. First payment due at registration. Following payments due June 15, June 29, July 13, July 27 and August 10

\$86.36/Farmers Branch residents \$33.64/Farmers Branch residents on Financial Aid \$172.72/non-residents

Option 3: Pay in Full at Registration- Cash, check, credit/debit cards accepted.

\$475/Farmers Branch residents \$185/Farmers Branch residents on Financial Aid \$950/non-residents

Fees include program dues, all field trip admissions, parties, snacks, classes, on-site entertainment, a Summer Funshine t-shirt, and other program related expenses.



LEAGUES

Farmers Branch Parks and Recreation co-sponsors a variety of youth and adult sports leagues. For information regarding these leagues contact the League Representative listed below.

Farmers Branch provides practice fields at Farmers Branch Park, located at 13985 Dennis Lane. For youth organizations, teams may reserve practice times through their own organizations. Adult teams may reserve practice fields through the Parks and Recreation Department by calling 972.919.2620. The park closes at 10 p.m. Field Conditions Hotline: 972.919.1455 and twitter at fbtxsport.

ADULT LEAGUES

Men's Open Softball Co-ed Open Softball Men's Church Softball

PrimeTime Sportz
972.355.3788 x123
www.primetimesportz.com

Senior Softball

Don Couch
972.416.6039
www.dfwseniorsoftball.com

Mustangs Vintage Base Ball

Barbara Judkins
972.406.0184

Dallas Rugby Football
www.dallasrugby.org
214.886.9047

Open Volleyball

Margaret Young
972.247.0634

Men's Basketball

Maria Minter
972.919.2598

YOUTH LEAGUES

FB Youth Football

www.yfca.org

FB Youth Cheerleading

www.yfca.org

CFB Girls' Softball

Voice Mail 972.418.9269
www.cfbgirlssoftball.com

CFB Soccer Association

Soccer Office 972.245.9307
www.cfbsoccer.net

CFB Baseball & T-Ball

Angie McDaniel
972.754.1469
www.cfbba.com

Carrollton Basketball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

Carrollton Volleyball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

SPORTS

Little Hoopers Basketball

Preschoolers have the opportunity to sharpen motor skills, experience cooperative play, exercise, and have fun while learning fundamental basketball skills. Instructor: Angel Castro

Session Dates	Time	Age	Day	Member	Non-Member
March 5 - 26	5:00-5:45 pm	3-5	T	\$25	\$29
April 2 - 30	5:00-5:45 pm	3-5	T	\$25	\$29
May 7 - 28	5:00-5:45 pm	3-5	T	\$25	\$29

Big Shots Basketball

The emphasis is on healthy exercise, improving a child's game, good sportsmanship, and building team spirit through drills and practice team-play. Instructor: Angel Castro

Session Dates	Time	Age	Day	Member	Non-Member
March 7 - 28	6:45 -7:30 pm	6-10	TH	\$25	\$29
April 4 - 25	6:45 -7:30 pm	6-10	TH	\$25	\$29
May 2 - 30	6:45 -7:30 pm	6-10	TH	\$25	\$29

3 in 1 Sports

An exciting way for your child to learn the basics of t-ball, basketball, soccer, and more! Your children will enjoy this fun and non-competitive environment. Instructor: Bo Alexander

Session Dates	Time	Age	Day	Member	Non-Member
March 7 - 28	10:00-11:00 am	3-6	TH	\$24	\$28
April 4 - 25	10:00-11:00 am	3-6	TH	\$24	\$28
May 2 - 30	10:00-11:00 am	3-6	TH	\$24	\$28
March 7 - 28	6:00-7:00 pm	4-8	TH	\$24	\$28
April 4 - 25	6:00-7:00 pm	4-8	TH	\$24	\$28
May 2 - 30	6:00-7:00 pm	4-8	TH	\$24	\$28

Kid Fit

Kid Fit focuses on playing a variety of games and sports to teach kids about the importance of fitness! Instructor: Angel Castro

Sessions	Time	Age	Day	Member	Non-Member
March 7 - 28	5:30 - 6:00 pm	3-5	TH	\$22	\$26
April 4 - 25	5:30 - 6:00 pm	3-5	TH	\$22	\$26
May 2 - 30	5:30 - 6:00 pm	3-5	TH	\$22	\$26
March 7 - 28	6:00-6:45 pm	6-12	TH	\$22	\$26
April 4 - 25	6:00-6:45 pm	6-12	TH	\$22	\$26
May 2 - 30	6:00-6:45 pm	6-12	TH	\$22	\$26

2013 ADULT SOFTBALL SPRING LEAGUE KICKS OFF MARCH 25

Co-ed, Men's and Church Leagues
Games played at Nationally Recognized Oran Good Softball Complex
Register on-line by March 15 at www.primetimesportz.com

Church teams play Monday evenings
Co-ed teams play Tuesday/Wednesday evenings
Men's teams play Thursday evenings

For more information: 972.355.3788 x123 or zdavis@primetimesportz.com

FITNESS CALENDAR

SPRING FITNESS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP & TONE	6:30-7:30 pm	6:30-7:30 pm		6:30-7:30 pm		
KICKBOXING			6:00-7:00 am			
SWEATSHOP	6:30-7:30 pm	8:30-9:30 pm	6:30-7:30 pm	8:30-9:30 am		8:00-9:00 am
BODY CONDITIONING				6:00-7:00 am		
KETTEL BELL	6:00-6:35 am		6:00-6:35 am			
FLOW YOGA			4:15-5:15 pm		10:00-11:00 am	
ZUMBA	6:30-7:30 pm		6:30-7:30 pm			
WATER AEROBICS	11:30-12:30 pm		11:30-12:30 pm		11:30-12:30 pm	
PILATES MATT & BALL		9:30-10:30 am			9:00-10:00 am	
YOGA HATHA & AUSARA		8:30-9:30 am	9:00-10:00 am		8:00-9:00 am	
WILL'S FITNESS BOOTCAMP			11:30-12:30 pm			
LUNCH BUNCH		11:45-12:45 pm				
BOXING	7:30-8:30		7:30-8:30			

10 LAPS AROUND THE INDOOR TRACK = 1 MILE

FITNESS CLASSES

Kickboxing

Rev up your metabolism and burn a lot of calories in this fun cardiovascular workout using boxing techniques for all fitness levels!

Instructor: Rhoda Gonzales

Sessions	Time	Age	Day	Member	Non-Member
March 6 - 27	6:00-7:00 am	15 & Up	W	\$20	\$24
April 3 - 24	6:00-7:00 am	15 & Up	W	\$20	\$24
May 1 - 29	6:00-7:00 am	15 & Up	W	\$25	\$29

Step and Tone

Class incorporates easy to follow aerobics with exercises for the hips, thighs, abdomen and upper body. Class also includes a great body-sculpting workout with weights. All levels welcome!

Instructor: Brenda Swartz

Sessions	Time	Age	Day	Member	Non-Member
March 4 - 28	6:30-7:30 pm	15 & up	MTTH	\$30	\$34
April 1 - 30	6:30-7:30 pm	15 & up	MTTH	\$30	\$34
May 2 - 30	6:30-7:30 pm	15 & up	MTTH	\$30	\$34

Sweatshop

This high energy class focuses on overall strength training, cardio, core, flexibility and all other areas of fitness desired. The 45 minute workout takes participants out of the conventional methods of free weights and machines and offers a routine that relies on exercises that pose a more functional approach to everyday living. The beauty of the class is in the design itself, interval training on multiple stations allows each participant to work to their desired level of fitness. All exercises are capable of progression or regression allowing accommodation to all fitness levels and injuries. **One class per week \$25/29; two classes per week \$35/39; three classes per week \$45/49.** Instructor: Traci Williams

Sessions Begin	Time	Age	Day	Member	Non-Member
March 4, April 1, May 1	6:30-7:30 pm	15 & up	M or W	\$25/\$35/\$45	\$29/\$39/\$49
March 5, April 1, May 2	8:30-9:30 am	15 & up	T or Th	\$25/\$35/\$45	\$29/\$39/\$49
March 2, April 6, May 4	8:30-9:00 am	15 & up	S	\$25/\$35/\$45	\$29/\$39/\$49

Body Conditioning PLUS

Double-up your fitness effort with a gentle muscle warm-up then pump up your muscles with bar weights, free weights, stability balls, bands and more. Instructor: Rhoda Gonzales

Sessions	Time	Age	Day	Member	Non-Member
March 7 - 28	6:00-7:00 am	15 & up	TH	\$20	\$24
April 4 - 25	6:00-7:00 am	15 & up	TH	\$20	\$24
May 2 - 30	6:00-7:00 am	15 & up	TH	\$25	\$29

Fitness Boot Camp

This boot camp is designed to build strength and fitness through a variety of intense group exercises over a 45 minute period of time providing a different environment for those exercisers who get bored in a gym setting and find it hard to develop a habit of exercise, as well as allowing you to gain friends and social support as you exercise in a friendly environment. Instructor: Will Davis

Sessions Begin	Time	Age	Day	Member	Non-Member
March 6-27	11:30-12:30 pm	18 & up	W	\$15	\$19
April 3-24	11:30-12:30 pm	18 & up	W	\$15	\$19
May 1-29	11:30-12:30 pm	18 & up	W	\$15	\$19

Kettlebell

Build a resilient body with the right blend of strength and flexibility. Acquire rapid fat loss as a result of using both aerobic and anaerobic caloric burn, and earn extreme levels of stamina and a conditioned functional body Instructor: Robert Alexander

Sessions Begin	Time	Age	Day	Member	Non-Member
March 4-27	6:00-6:35 am	18 & up	MW	\$35	\$39
April 1-29	6:00-6:35 am	18 & up	MW	\$35	\$39
May 1-29	6:00-6:35 am	18 & up	MW	\$35	\$39

FITNESS CLASSES

Move Into Fitness 50+

All those 50+ get into this fun and informative class for all fitness levels that covers all aspects of an exercise routine. Become familiar with flexibility, strength and cardiovascular exercises. Learn core exercises to get through a daily routine from getting up in the morning to doing household chores. This class will leave participants feeling stronger, refreshed, and motivated! Class does not meet March 13 or April 24. Instructor: Kristin Miller

Sessions Begin	Time	Age	Day	Member	Non-Member
March 6 - 27	8:45-9:45 am	50 & Up	W	\$12	\$16
April 3 - 17	8:45-9:45 am	50 & Up	W	\$12	\$16
May 1 - 29	8:45-9:45 am	50 & Up	W	\$15	\$19

The Lunch Bunch

A 45-minute lunch time workout. Workouts will consist of cardio, core strength and stability, balance, and resistance. Not your traditional workout, anything goes! Instructor: Kristin Miller

Sessions Begin	Time	Age	Day	Member	Non-Member
March 5 - 26	11:45-12:30 pm	18 & up	T	\$20	\$24
April 2 - 30	11:45-12:30 pm	18 & up	T	\$20	\$24
May 7 - 28	11:45-12:30 pm	18 & up	T	\$20	\$24

Zumba Fitness

Dance your way to fitness! Zumba is a fusion of Latin and International music that includes dance movements of meringue, salsa, cumbia, reggaeton, hip hop and more. You don't have to know how to dance to ZUMBA! This workout is designed for everyone of all ages. Instructor: Jezebel Benitez

Sessions	Time	Age	Day	Member	Non-Member
March 4 - 25	6:30-7:30 pm	15 & up	M	\$20	\$24
April 1 - 29	6:30-7:30 pm	15 & up	M	\$20	\$24
May 6 - 27	6:30-7:30 pm	15 & up	M	\$20	\$24
March 6 - 27	6:30-7:30 pm	15 & up	W	\$20	\$24
April 3 - 24	6:30-7:30 pm	15 & up	W	\$20	\$24
May 1 - 29	6:30-7:30 pm	15 & up	W	\$20	\$24
March 4 - 27	6:30-7:30 pm	15 & up	MW	\$30	\$34
April 1 - 24	6:30-7:30 pm	15 & up	MW	\$30	\$34
May 1 - 29	6:30-7:30 pm	15 & up	MW	\$30	\$34

Hector's Boxing

This boxing class is mixed with high energy training and detailed instruction in a controlled environment. Class structure will include warm-ups, shadow boxing, bag work, partner drills, and calisthenics. Instructor: Hector Soto

Sessions Begin	Time	Age	Day	Member	Non-Member
March 4-27	7:30-8:30 pm	11 & up	MW	\$35	\$39
April 1-29	7:30-8:30 pm	11 & up	MW	\$35	\$39
May 1-29	7:30-8:30 pm	11 & up	MW	\$35	\$39

FITNESS CLASSES

Water Aerobics

Energize and maximize your health while exercising and having fun! Increase your flexibility, range of motion, lean body mass, and metabolic rate with water exercise. Minimal swimming skills and water comfort level necessary for shallow water. Classes are held at the CFBISD Natatorium, 1334 Valwood, next to Standridge Stadium. Class does not meet on school district holidays or when swim meets are held. *Session fee is based on the number of class meetings per session. Instructor: MW class-Hydro Health, F Class-Ann Ellis.

Sessions	Time	Age	Day	Member	Non-Member
March 1 - 29	11:30 am-12:30 pm	15 & up	MWF	\$27	\$31
April 1 - 29	11:30 am-12:30 pm	15 & up	MWF	\$39	\$43
May 1 - 31	11:30 am-12:30 pm	15 & up	MWF	\$36	\$40
March 1 - 29	11:30 am-12:30 pm	15 & up	F	\$9	\$13
April 5 - 26	11:30 am-12:30 pm	15 & up	F	\$12	\$16
May 3 - 31	11:30 am-12:30 pm	15 & up	F	\$12	\$16

Flow Yoga

Stretch and strengthen the body without force. Flow smoothly and slowly from one pose to another while maintaining natural rhythmic breathing. This 60-minute class energizes, empowers, heals and strengthens. Poses are delicately sequenced for maximum bodily benefit and calming focus. Instructor: Lyndsay Wellington

Sessions Begin	Time	Age	Day	Member	Non-Member
March 1 - 29	10:00-11:00 am	18 & Up	F	\$30	\$34
April 5 - 26	10:00-11:00 am	18 & Up	F	\$30	\$34
May 3 - 31	10:00-11:00 am	18 & Up	F	\$30	\$34
March 6 - 27	4:30-5:30 pm	18 & Up	W	\$30	\$34
April 3 - 24	4:30-5:30 pm	18 & Up	W	\$30	\$34
May 1 - 29	4:30-5:30 pm	18 & Up	W	\$30	\$34

Pilates Mat & Ball

Pilates mat and stability ball help to condition the body entirely. Based on Joseph Pilates techniques, participants develop a longer, leaner body, improved stamina, toned core muscles and strengthened back muscles. For all fitness levels, beginning to advanced. Class meets on a monthly basis. **1 class a week \$25/\$29; 2 classes a week \$45/\$49** Instructor: Joanna Jordan

Sessions	Time	Age	Day	Member	Non-Member
March 5 - 26	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
April 2 - 30	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
May 7 - 28	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
March 1 - 29	9:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49
April 5 - 26	9:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49
May 3 - 31	1:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49

Yoga Hatha & Ausara

For all fitness levels, beginning to advanced. Yoga helps with relaxation, flexibility, strengthening muscles, body circulation, and improved balance. Yoga will balance the mind and body connection. Class meets on monthly basis. **1 class a week \$25/\$29; 2 classes a week \$45/\$49; 3 classes a week \$58/\$62**, Instructor: Joanna Jordan

Sessions	Time	Age	Day	Member	Non-Member
March 5 - 26	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
April 2 - 30	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
May 7 - 28	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
March 6 - 27	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
April 3 - 24	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
May 1 - 29	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
March 1 - 29	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62
April 5 - 26	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62
May 3 - 31	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62

Kay Lynn Lyon's Dance

All dance classes taught by Kay Lynn Lyon run September through May with an end of the year recital. The best time to start is in September; however, new students are accepted in October, January and February. Classes are appropriate for boys and girls. Classes do not meet during winter or spring break. Dance birthday parties and private lessons are also available. Please see staff for dance attire requirements. Dance classes may be taught with a qualified assistant, under Kay-Lynn's supervision, to help provide the best possible dance experience for your child. **Session 1: March 2 - 30, Session 2: April 1 - 29, Session 3: March 1 - 29**

CLASS NAME	DAY	TIME	AGE	MEMBER	NON-MEMBER
Preschool Ballet & Tap	S	1:00-1:45 pm	4-6	\$35	\$39
Ballet & Tap	S	12:00-1:00 pm	6-9	\$40	\$44
Ballet, Tap & Jazz	S	11:00 am -12:00 pm	12-15	\$45	\$49
Int. Ballet, Tap & Jazz Requires Instructor approval	M	4:00-5:15 pm	9-12	\$50	\$54
Pre-Pointe Requires Instructor approval	M	5:15-5:45 pm	10-5	\$30	\$34
Dance Company Requires Instructor approval	S	2:00-3:15 pm	7 & up	\$20	\$24
Adult Tap	W	7:30-8:30 pm	18 & up	\$35	\$39

Josey's Creative Movement Dance

Creative Movement class for ages 2 to 5, is the perfect class for little ones to get in touch with their creativity and flexibility through the introduction of basic dance movements. Please wear comfortable dance clothes and jazz shoes. No jeans. Instructor: Josey Benavidez

Sessions Begin	Time	Age	Day	Member	Non-Member
March 2 - 30	9:30-10:00 am	2-5	S	\$25	\$29
April 6 - 27	9:30-10:00 am	2-5	S	\$25	\$29
May 4 - 25	9:30-10:00 am	2-5	S	\$25	\$29

Josey's Hip Hop Dance

Hip Hop dance class for adults explores dance choreography to the latest hip hop music with the newest hip hop moves. Please wear comfortable dance clothes and jazz or tennis shoes. Instructor: Josey Benavidez

Sessions Begin	Time	Age	Day	Member	Non-Member
March 2 - 30	10:00 am-11:00 am	17 & up	S	\$24	\$28
April 6 - 27	10:00 am-11:00 am	17 & up	S	\$24	\$28
May 4 - 25	10:00 am-11:00 am	17 & up	S	\$24	\$28

Josey's Jazz

Jazz dance class for ages 6 to 10 years consists of fun and funky dance moves while learning great jazz technique. Please wear comfortable dance clothes and jazz shoes. No jeans.

Sessions Begin	Time	Age	Day	Member	Non-Member
March 9-30	11:00-12:00 pm	6-10	S	\$35	\$39
April 6-27	11:00-12:00 pm	6-10	S	\$35	\$39
May 4-25	11:00-12:00 pm	6-10	S	\$35	\$39

Scottish Highland Dance

Have you ever wanted to wear a kilt and dance to bagpipe music? Then you will love Scottish Highland Dancing. This traditional dance form promotes strength, discipline, flexibility, stamina, and camaraderie. No dance experience necessary. Wear comfortable, fitted clothing such as leotard or leggings, knee length socks and soft dance slippers without a heel or ballet slippers. Instructor: Fiona Alpaugh

Session Begins	Time	Age	Day	Member	Non-Member
March 1 - 29	5:00-6:00 pm	8-16	F	\$25	\$29
April 5 - 26	5:00-6:00 pm	8-16	F	\$25	\$29
May 3 - 24	5:00-6:00 pm	8-16	F	\$25	\$29
March 1 - 29	6:00-7:30 pm	17 & Up	F	\$25	\$29
April 5 - 26	6:00-7:30 pm	17 & Up	F	\$25	\$29
May 3 - 24	6:00-7:30 pm	17 & Up	F	\$25	\$29

DANCE

Beginning Ballet with Samantha

Learn introductory ballet techniques, beautiful movement and a performance dance for parents. Recommended attire is a leotard, tights and ballet shoes. Instructor: Samantha Young

Session	Times	Age	Day	Member	Non-Member
March 4 - 25	9:30 - 10:00 am	3-4	M	\$12	\$16
April 1 - 29	9:30 - 10:00 am	3-4	M	\$15	\$19
May 6 - 27	9:30 - 10:00 am	3-4	M	\$12	\$16
March 5 - 26	4:00 - 4:30 pm	8-12	T	\$12	\$16
April 2 - 30	4:00 - 4:30 pm	8-12	T	\$15	\$19
May 7 - 28	4:00 - 4:30 pm	8-12	T	\$12	\$16
March 4 - 25	10:00-10:30 am	5-7	M	\$12	\$16
April 1 - 29	10:00-10:30 am	5-7	M	\$12	\$16
May 6 - 27	10:00-10:30 am	5-7	M	\$12	\$16
March 5 - 26	4:00 - 4:30 pm	8-12	T	\$12	\$16
April 2 - 30	4:00 - 4:30 pm	8-12	T	\$15	\$19
May 7 - 28	4:00 - 4:30 pm	8-12	T	\$12	\$16

Intermediate Ballet with Samantha

Learn introductory ballet technique, beautiful movement and a performance dance for parents. Recommended attire is a leotard, tights and ballet shoes. Instructor: Samantha Young

Session	Times	Age	Day	Member	Non-Member
March 4 - 25	10:30 - 11:15 am	9-13	M	\$12	\$16
April 1 - 29	10:30 - 11:15 am	9-13	M	\$12	\$16
May 6 - 27	10:30 - 11:15 am	9-13	M	\$12	\$16
March 5 - 26	4:30 -5:15 pm	8-12	T	\$12	\$16
April 2 - 30	4:30 -5:15 pm	8-12	T	\$12	\$16
May 7 - 28	4:30 -5:15 pm	8-12	T	\$12	\$16
March 7 - 28	4:00 - 4:45 pm	9-12	TH	\$12	\$16
April 4 - 25	4:00 - 4:45 pm	9-12	TH	\$12	\$16
May 1 - 30	4:00 - 4:45 pm	9-12	TH	\$12	\$16

Adult Ballet with Samantha

Learn introductory steps to ballet and develop good technique while working out. Recommended attire is a leotard, tights and ballet shoes. Instructor: Samantha Young

Session	Times	Age	Day	Member	Non-Member
March 7 - 28	2:30 - 3:15 pm	18 and up	TH	\$12	\$16
April 4 - 25	2:30 - 3:15 pm	18 and up	TH	\$12	\$16
May 1 - 30	2:30 - 3:15 pm	18 and up	TH	\$12	\$16

Lyrical Worship with Samantha

The principles of lyrical dance are taught as a creative movement art form of worship. Uplifting Christian music will be used. Recommended attire is a leotard, tights and ballet shoes. Instructor: Samantha Young

Sessions Begin	Time	Age	Day	Member	Non-Member
March 4 - 25	11:15 - 12:00 pm	9-15	M	\$9	\$13
April 1 - 29	11:15 - 12:00 pm	9-15	M	\$9	\$13
May 6 - 27	11:15 - 12:00 pm	9-15	M	\$9	\$13
March 5 - 26	5:15 - 6:00 pm	9-15	T	\$9	\$13
April 2 - 30	5:15 - 6:00 pm	9-15	T	\$9	\$13
May 7 - 28	5:15 - 6:00 pm	9-15	T	\$9	\$13
March 7 - 28	3:15 - 4:00 pm	18 and up	TH	\$12	\$16
April 4 - 25	3:15 - 4:00 pm	18 and up	TH	\$12	\$16
May 1 - 30	3:15 - 4:00 pm	18 and up	TH	\$12	\$16

GYMNASTICS

Gymnastics

Gymnasts will experience the fun-filled world of gymnastics in these fun, interactive classes, and will develop the fundamentals of gymnastics on the balance beam, bars, floor, trampoline, and Tumble-Trak. Gymnasts will work their way up through the levels in a non-competitive learning environment.

Gayle Shank's classes are taught by qualified instructors under her supervision to help provide the best possible recreational gymnastics experience for your child. All classes are held in the Recreational Gymnastics Gym and children must be registered before entering the gymnasium. Space is limited, please pre-register for classes. All children must be enrolled to attend. A child may have one make-up class, due to illness, per session. Students wanting to take a trial class must make an appointment with the instructor prior to attending class and must be accompanied by a parent. Please wear long hair in a ponytail, no jewelry, no jeans/clothing with snaps, and no gum. A leotard is the preferred attire.

Class Name	Day	Time	Age	Member	Non-Member
Parent Tot Tumblers	T	11:15-12:00 pm	18m-5	\$24	\$28
Kindergym	T	5:45-6:30 pm	4-6	\$24	\$28
	W	4:00-4:45 pm	4-6	\$24	\$28
	W	4:45-5:30 pm	4-6	\$24	\$28
	W	5:30-6:15 pm	4-6	\$24	\$28
Int./Adv. Tumbling	M	6:45-7:45 pm	5-16	\$28	\$32
Level 1	M	4:45-5:45 pm	5-16	\$28	\$32
	T	4:45-5:45 pm	5-16	\$28	\$32
	W	5:00-6:00 pm	5-16	\$28	\$32
Level 2	M	4:45-5:45 pm	5-16	\$28	\$32
	W	5:45-6:45 pm	5-16	\$28	\$32
Level 2-3	T	6:30-7:30 pm	5-16	\$28	\$32
Level 3	M	5:45-6:45 pm	5-16	\$28	\$32
Level 4	W	6:45-7:45 pm	5-16	\$28	\$32
Level 4-5	M	6:30-7:30 pm	5-16	\$28	\$32
Level 5-6	W	6:45-7:45 pm	5-16	\$28	\$32
Level 6	M	6:00-8:00 pm	5-16	\$52	\$56
PS Level 1	M	5:45-6:30 pm	2.5-5	\$24	\$28
	T	10:30-11:15 am	2.5-5	\$24	\$28
	W	5:00-5:45 pm	2.5-5	\$24	\$28
	F	9:15-10:00 am	2.5-5	\$24	\$28
PS Level 1-2	T	9:00-9:45 am	2.5-5	\$24	\$28
	W	10:00-10:45 am	2.5-5	\$24	\$28
	W	6:00-6:45 pm	2.5-5	\$24	\$28
	S	9:15-10:00 am	2.5-5	\$24	\$28
PS Level 2	F	10:00-10:45 am	2.5-5	\$24	\$28
PS Level 2-3	M	5:15-6:00 pm	2.5-5	\$24	\$28
	T	9:45-10:30 am	2.5-5	\$24	\$28
	F	10:45-11:30 am	2.5-5	\$24	\$28
	S	10:00-10:45 am	2.5-5	\$24	\$28
Homeschool	W	10:45-11:30 am	4-12	\$24	\$28

REGISTRATION DATES		
SESSION	DATES	RESIDENTS & MEMBERS
Session 1	March 4-30	February 4
Session 2	April 11-27	March 1
Session 3	April 29 - May 25	March 29
Level 1	Recreational Gymnastics	
Level 2	Recreational Gymnastics Pre-requisite: Level 1 & instructor approval	
Level 3	Recreational Gymnastics Pre-requisite: Level 2 and instructor approval	
Level 4	Recreational Gymnastics Pre-requisite: Level 3 and instructor approval	
Level 5	Recreational Gymnastics Pre-requisite: Level 4 and instructor approval	
Level 6	Recreational Gymnastics Pre-requisite: Level 5 and instructor approval	
PS Level 1	Pre-school Gymnastics Level 1	
PS Level 2	Pre-school Gymnastics Level 2 Instructor approval required	
PS Level 3	Pre-school Gymnastics Level 2-3 Instructor approval required	
Kindergym	Pre-school Gymnastics PS Level 3 or Level 1 Instructor approval required	

SPECIAL INTEREST

JONATHAN'S SCHOOL OF MUSIC

PRIVATE LESSONS

Learn how to play the drums, guitar, bass, piano, or take vocal lessons! Call the Farmers Branch Community Recreation Center for more information or to set up your private lessons!

30-minute session \$35 Member/ \$39 Non-member; 60-minute session \$65 Member/ \$69 Non-member

JONATHAN'S SCHOOL OF MUSIC SEMI-PRIVATE GUITAR AND PIANO LESSONS

Beginning Keyboard/Piano

Sessions	Time	Age	Day	Member	Non-Member
March 1-29	5:30-6:00 pm	6-15	F	\$55	\$59
April 5-26	5:30-6:00 pm	6-15	F	\$55	\$59
May 3-31	5:30-6:00 pm	6-15	F	\$55	\$59

Beginning Guitar

Sessions	Time	Age	Day	Member	Non-Member
March 1-29	5:30-6:00 pm	6-15	F	\$55	\$59
April 5-26	5:30-6:00 pm	6-15	F	\$55	\$59
May 3-31	5:30-6:00 pm	6-15	F	\$55	\$59

Parent & Me Art FUNDamentals

This super FUN class will explore elements of creating art with fun and movement. Each class will offer an awesome project inspired by an amazing artist and parent participation is required. \$20 supply fee due on the first day of class. Taught by Abrakadoodle.

Sessions	Time	Age	Day	Member	Non-Member
March 9-30	10:15-10:45 am	18mo-3yrs	S	\$59	\$63
April 6-27	10:15-10:45 am	18mo-3yrs	S	\$59	\$63
May 4-25	10:15-10:45 am	18mo-3yrs	S	\$59	\$63

Preschool Art FUNDamentals

This super FUN class will explore elements of creating art through drawing, painting, sculpting and more. Each class will offer an awesome project inspired by an amazing artist. During this class, you'll learn about art FUNDamentals such as: line, color, shape, texture, and balance. \$20 supply fee due on the first day of class. Taught by Abrakadoodle.

Sessions	Time	Age	Day	Member	Non-Member
March 9-30	11:00-11:45 am	4-6	S	\$59	\$63
April 6-27	11:00-11:45 am	4-6	S	\$59	\$63
May 4-25	11:00-11:45 am	4-6	S	\$59	\$63

Elementary Art FUNDamentals

This super FUN class will explore elements of creating art. Each class will offer an awesome project inspired by an amazing artist. During this class you'll learn about art FUNDamentals such as: line, color, shape, texture, and balance. \$20 supply fee due on the first day of class. Taught by Abrakadoodle.

Sessions	Time	Age	Day	Member	Non-Member
March 9-30	12:00-12:45 pm	4-6	S	\$59	\$63
April 6-27	12:00-12:45 pm	4-6	S	\$59	\$63
May 4-25	12:00-12:45 pm	4-6	S	\$59	\$63

SPECIAL INTEREST

Red Tiger Karate

Learn American Karate in this white through black belt program that runs year-round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques, abduction prevention training and bully self-defense skills are integrated into the lessons. Adult classes focus on street self-defense, fitness, and personal development. Most adults join to get back in shape, meet new people, and learn self-defense. Instructor: Robert Margach.

Session runs March 19 - May 21

Level	Time	Age	Day	Member	Non-Member
Juniors-New	6:00-7:00 pm	5-12	T	\$56	\$60
Juniors-Returning	7:00-8:00 pm	5-12	T	\$56	\$60
Adults & Teens	8:00-9:00 pm	13 & up	T	\$56	\$60

Preschool Science Explorers

Come explore the world of science in this hands-on preschool class. Little ones will learn about the world around them by investigating insects and animals, learning about the weather, different seasons, and gardening. Students will conduct experiments by using materials including magnets, magnifying glasses, and measuring instruments. They will also bring home an activity after every class. A \$4 supply fee is due to the instructor the first day of class. A certified elementary education teacher teaches classes. Instructor: Heidi Smith

Sessions	Time	Age	Day	Member	Non-Member
March 1 - 29	10:00 am -10:45 am	3-6	F	\$19	\$23
April 5 - 26	10:00 am -10:45 am	3-6	F	\$25	\$29
May 3 - 31	10:00 am -10:45 am	3-6	F	\$25	\$29

Preschool Painting

Have fun painting. Preschoolers can get creative with paintbrushes, easels, sponges, watercolor, and their hands. A \$4 supply fee is due to the instructor the first day of class. Instructor: Heidi Smith

Sessions	Time	Age	Day	Member	Non-Member
March 1 - 29	11:15 am -12:00 pm	3-6	F	\$19	\$23
April 5 - 26	11:15 am -12:00 pm	3-6	F	\$25	\$29
May 3 - 31	11:15 am -12:00 pm	3-6	F	\$25	\$29

Spring Break Art Camp – Preschool

School is out for Spring Break so come and have fun learning about a different style of art each day! During each day of camp, the children will complete several works of art, play games, and learn about artists and techniques. The camp is guaranteed to be fun and educational. \$20 supply fee due on the first day of class. Taught by Abrakadoodle.

Sessions	Time	Age	Day	Member	Non-Member
March 12-14	9:00am -12:00 pm	4-6	TWTH	\$89	\$93

Spring Break Art Camp – Elementary

School is out for Spring Break so come and have fun learning about a different style of art each day! During each day of camp, the children will complete several works of art, play games, and learn about artists and techniques. The camp is guaranteed to be fun and educational. \$20 supply fee due on the first day of class. Taught by Abrakadoodle.

Sessions	Time	Age	Day	Member	Non-Member
March 12-14	1:00 - 4:00 pm	6-12	TWTH	\$85	\$89

DON SHOWMAN POOL

HOURS

The Don Showman Pool is open seasonally from May 25-May 27, June 1-June 2, June 7-August 4, and August 10-11 (Closing date subject to change)

Monday - Friday

1 to 7:30 pm

Saturday & Sunday

1 to 6 pm

HOLIDAY HOURS

Memorial Day, May 27

Independence Day, July 4

1 to 7 pm

SPLASH DAY

Saturday, May 25

1 to 6 pm

Residents swim free!

Proof of residency required

ADMISSION

RESIDENT DAILY

(proof of residency required)

Ages 0-15 \$1

Ages 16 & Up \$2

NON-RESIDENT DAILY

Ages 0-15 \$4

Ages 16 & Up \$6

SEASON PASSES

GO ON SALE MAY 1

AT THE REC CENTER

SEASON PASS-RESIDENTS

Ages 0-15 \$12

Ages 16 & Up \$18

Family \$55

SEASON PASS-NON-RESIDENTS

Ages 0-15 \$24

Ages 16 & Up \$36

Family \$95



Adult Swim Class

Class will emphasize water adjustment, safety and beginner skills. Instructor will work at the level of each individual.

Session Begins	Time	Age	Day	Resident	Non-Resident
June 8-July 27	9:30-10:30 am	16 & Up	S	\$35	\$47

Intro to Diving

This course will teach the fundamentals of basic and intermediate springboard diving. Student must be able to perform a standing dive from the side of the pool and have a Level IV swimming ability.

Session Begins	Time	Age	Day	Resident	Non-Resident
June 8- July 27	9:30-10:30 am	6-16	S	\$50	\$62

Aqua Pilates and Power Sculpting

The popularity of Pilates is soaring! Join this fun class and enjoy the benefits of Pilates in the comfort of the water. Elongate muscles while strengthening the core muscle group. Flexibility, balance, posture and endurance are all enhanced. Additionally, the class compliments Pilates exercises with power sculpting and power walking. Focus includes thighs, abs, and upper body for a total body workout. Aquatic strength training, abdominal work, and power walking included in each class. This class is recommended for all fitness levels; swimming skills not necessary. Learn how to energize and maximize health while exercising and minimizing problem areas. Hydro Health Instructors

Sessions Begin	Time	Age	Day	Member	Non-Member
June 1 - August 3	9:30-10:30 am	15 & up	S	\$60	\$64
June 1 - June 29	9:30-10:30 am	15 & up	S	\$30	\$34
July 6 - August 3	9:30-10:30 am	15 & up	S	\$30	\$34

DON SHOWMAN POOL

Class Name	Day	Time	Age	Resident	Non-Resident
Parent-Tot	M-TH	10:00-10:30 am	6 mos-2	\$32	\$40
Tadpoles	M-TH	5:30-6:00 pm	6 mos-2	\$32	\$40
Preschool 1	M-TH	9:00-9:30 am	3-4	\$32	\$40
Starfish	M-TH	9:30-10:00 am	3-4	\$32	\$40
	M-TH	5:30-6:00 pm	3-4	\$32	\$40
	M-TH	6:00-6:30 pm	3-4	\$32	\$40
Preschool 2	M-TH	9:30-10:00 am	4-5	\$32	\$40
Goldfish	M-TH	10:00-10:30 am	4-5	\$32	\$40
	M-TH	5:30-6:00 pm	4-5	\$32	\$40
	M-TH	6:00-6:30 pm	4-5	\$32	\$40
	M-TH	7:15-7:45 pm	4-5	\$32	\$40
Level 1	M-TH	8:15-9:00 am	6-15	\$35	\$47
Seahorses	M-TH	9:45-10:30 am	6-15	\$35	\$47
	M-TH	5:30-6:15 pm	6-15	\$35	\$47
	M-TH	6:30-7:15 pm	6-15	\$35	\$47
Level 2	M-TH	8:15-9:00 am	6-15	\$35	\$47
Otters	M-TH	9:00-9:45 am	6-15	\$35	\$47
	M-TH	6:00-6:45 pm	6-15	\$35	\$47
	M-TH	6:30-7:15 pm	6-15	\$35	\$47
Level 3	M-TH	9:00-9:45 am	6-15	\$35	\$47
Swordfish	M-TH	9:45-10:30 am	6-15	\$35	\$47
	M-TH	6:45-7:30 pm	6-15	\$35	\$47
	M-TH	7:00-7:45 pm	6-15	\$35	\$47
Level 4	M-TH	9:00-9:45 am	6-15	\$35	\$47
Dolphins	M-TH	6:15-7:00 pm	6-15	\$35	\$47
Level 5	M-TH	8:00-8:45 am	6-15	\$35	\$47
Sharks	M-TH	7:15-8:00 pm	6-15	\$35	\$47
Level 6	M-TH	10:30-11:15 am	6-15	\$35	\$47
Hammer Heads					



Session 1-June 17-27

Resident registration begins April 20

**Non-resident registration begins
May 11, space permitting**

Session 2-July 8-18

Resident registration begins June 22

**Non-resident registration begins
June 26, space permitting**

Session 3-July 22- August 1

Resident registration begins July 13

**Non-resident registration begins
July 17, space permitting**

Parent-Tot Tadpoles - Ages 6 mo - 2 yr

Parent will be in the water with the child working on basic water adjustment skills, breath holding, propulsion and pool safety. Child must wear a swim diaper under swimsuit.

Starfish-Preschool 1

Emphasis is on safety and preparation for beginner swimming, which includes breath control, kicking, front and back float, and combined skills. Child must wear a swim diaper if not potty trained.

Goldfish-Preschool 2

Emphasis is on safety, preparation for beginner swimming and increased water adjustment. Includes underwater exploration, floating, front and back glide, and combined skills. Child must wear a swim diaper if not potty trained.

Seahorses-Level 1 - Ages 6-15

For first-time swimmers. Emphasis on water adjustment, safety, and beginner skills. Each child progresses according to his/her ability.

Otters-Level 2 - Ages 6-15

For children adjusted to the water and comfortable with front and back float. Emphasis is on safety and beginner skills which includes rhythmic breathing, front and back glide with kick, crawl stroke and combined skills.

Swordfish-Level 3 - Ages 6-15

Pre-requisite: Level 2. Emphasis is on improving crawl stroke, elementary backstroke, survival stroke, and introduction to diving and safety skills.

Dolphins-Level 4 - Ages 6-15

Pre-requisite: Level 3. Emphasis is on perfecting previously learned skills and introduction to breast stroke, side stroke and more advanced safety and survival skills.

Sharks-Level 5 - Ages 6-15

Pre-requisite: Level 4. Emphasis on refining previously learned strokes and increasing endurance. Students will also be introduced to the back crawl, surface dives and dives from the board.

Hammer Heads-Level 6 - Ages 6-15

Pre-requisite: Level 5. Emphasis on ease, efficiency, power and endurance of swimming skills. Students will also be introduced to lifeguard readiness skills.

THE REC SCENE



City in a Park

	Acres	Rec Center	Ball Fields	Basketball	Exercise Course	Playground	Soccer Fields	Tennis	Drink Fountain	Lake	Picnic Area	Restrooms	Football Field	Jog/Walk Path	Horseshoes	Benches	Landscaped	Undeveloped	Museum	Creek	Grills	Shelter	Rose Garden	Pool	Skate Park	Pétanque	Roller Hockey
Alpha Rd Mini Park · 4051 Alpha Rd	0.30																•										
Bicentennial Park · 4551 Spring Valley Rd	0.50																•										
Bill Cox Memorial Park · 13500 Dennis Lane	5.00							•		•			•														
Chapel View Plaza · 3062 Valley View Lane	0.23																•	•									
Creek Ridge Park · 12696 Webb Chapel	3.00																	•		•							
Denton Rd Mini Park · 12611 Denton Road	0.50																	•									
Don Showman Park · 14032 Heartside Place	10.0	•	•	•			•			•		•	•	•	•		•	•						•	•	•	
Dutch Village Park · 3020 Old North	1.40			•			•			•		•					•					•	•	•			
Farmers Branch Park · 13985 Dennis Lane	14.0		•				•	•		•		•	•	•	•		•				•	•					
Ford Road Park · 12490 Ford Road	3.00																	•		•							
Gussie Field Watterworth Park · 2610 Valley View Ln	12.0			•			•		•	•	•	•	•		•	•	•	•		•	•	•	•			•	
Historical Park · 2540 Farmers Branch Lane	27.0									•		•	•		•	•	•		•	•			•	•			
Holiday Park · 4045 Valley View Lane	5.00																•						•				
Jaycee Park · 14229 Dennis Lane	4.30		•	•			•			•		•	•		•		•			•				•			
John Burke Nature Preserve · 1111 Valley View Ln	104										•				•		•			•							
Kerr Park · 13226 Kerr Trail	1.50			•			•		•	•					•		•	•					•				
Liberty Plaza · 12400 N. Stemmons Freeway	2.50														•		•	•		•			•				
Mallon Park · 12299 Josey Lane	4.00						•			•	•	•			•		•	•		•			•				
Morningstar Park · 3600 Morningstar Lane	1.30						•			•		•					•	•			•		•	•			
Mustang Trails Park · 3200 Valley View Lane	2.30																•			•							
Oakbrook/Ken Rymer Park · 3550 Oakbrook Pkwy	10.0									•	•				•		•	•									
Oran Good Park · 13411 Dennis Lane	10.0		•				•		•	•		•	•		•		•	•		•	•	•	•				•
Pepper Park · 13301 Dennis Lane	4.00		•					•		•		•	•				•				•						
Rawhide Park · 13701 Rawhide Pkwy	20.0				•		•			•					•		•	•		•			•				
Squire Park · 2560 Squire Place	1.50			•			•			•		•					•	•			•	•	•	•			
Temple Trails Park · 12800 Templeton Trail	6.40						•		•	•		•			•		•			•	•						
Webb Chapel Mini Park · 14425 Webb Chapel	0.20																•	•					•				
Winn Park · 13880 Midway Road	5.00									•	•	•			•		•	•									

For Reservations & Information Call 972.919.2620

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